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NO CRACK IN T.O. MAYOR'S ARMOUR

DESPITE DRUG ALLEGATIONS SWARMING AROUND HIM AND HIS FAMILY, ROB FORD VOWS TO SEEK RE-ELECTION

PAGE 4

Taking steps together against global poverty

World Partnership Walk. Event that began in Vancouver in 1985 has spread to 10 Canadian cities, raised $7M last year for development projects

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

More than 300 people from across Saskatchewan took steps — many of them — in Regina on Sunday to battle worldwide poverty.

The World Partnership Walk raises money for development projects aimed at fighting global poverty with the non-profit Aga Khan Foundation Canada.

"We live in a global planet and we are very interconnected. It's hard to believe that in 2013, there are still people in this planet living on $2 a day," said Nancy Tse, regional campaign manager for the foundation.

"As global citizens, we need to all do our part."

The walk was spearheaded in 1985 in Vancouver by women who, after coming to Canada, wanted to try to help people in their home countries in Africa and Asia. The group raised $55,000 with that first event, while getting 1,000 people to participate.

The walk has since spread to 10 Canadian cities and 40,000 participants. It raised $7 million last year for various development projects.

"This walk is supported by a number of people who originally are from those communities," said Tse.

Sunday's event in Regina — at Wascana Park and at the grounds of the legislature — raised nearly $100,000. However, organizers are hoping that because donations won't stop until after the other six walks in Canada over the next two weekends, they will surpass $100,000.

"It's great to see how much Canadians care about people," said Shahzad Khoja, who moved to Regina from Pakistan four years ago and volunteers as a convenor for the walk.

"We had more than 50 people from Saskatoon come (on a bus), just for the walk," Khoja added. "It's the entire Saskatchewan who is making the effort."

The event kicked off with participants — some as young as three years old — walking around Wascana, and featured performances of traditional and choreographed Bhangra, Afghani and Indian dance, as well as belly dancing and singing.

Other walks took place on Sunday in Vancouver, Victoria and Toronto.

Belly dancers perform on Sunday at Wascana Park, as part of the World Partnership Walk celebration. The nationwide event raises money for development projects aimed at fighting global poverty.
ALYSSA MCDONALD/METRO

Maple moola mystery? Not really: BoC

Central bank says there is no scratch 'n' sniff secret to the new polymer bills after dozens of inquiries PAGE 5

It's a Demi-Charmed kind of life

Demi Lovato speaks frankly about the business of crafting radio-friendly pop ballads PAGE 7

Realize. Supporting Aboriginal education.

A step forward!

The University of Regina proudly hosted the *Lloyd Barber Summit on Aboriginal Post-Secondary Education* in Regina on May 23 and 24.

Experts estimate that it will take 65,000 graduates to close the gap in Aboriginal post-secondary educational attainment. In 2011, Canada's Auditor General said that the disparity between First Nations education and the rest of Canada is real and unacceptable.

This national summit explored best practices in post-secondary education and the delivery of quality education to Aboriginal Peoples.

Our appreciation to all who participated in this groundbreaking national summit.

Vianne Timmons

President and Vice-Chancellor

University of Regina

Moses Gordon, Student, History & Economics major

City loves creativity: Arts fest numbers continue to surge

Cathedral Village. Fifty new booths — and 5,000 more visitors — this year: Co-ordinator

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The Cathedral Village Arts Festival wrapped up on Saturday with one of its largest events to date.

The festival has grown from a small group of artisans selling their work to an eight-block, spectacular street fair with 350 vendors and more than 35,000 visitors.

"There is always a huge amount of people that come out. It's amazing," Linda Rattray, the street fair co-ordinator for the past five years, said on Sunday. "Last year we had about 300 booths, and this year we had 350 and about 5,000 more people came out."

For the street fair on Saturday that capped the latest annual six-day festival, a stage was moved inside to the Cathedral Neighbourhood Centre while the event closed an extra block of 13th Avenue, opening space for an additional 49 vendors.

"We already have people asking about booths for next year, so that is a good sign," said Rattray.

They currently have no plans to expand the 13th Avenue fair to more streets, though Rattray said organizers "will play it by ear."

The festival began last Monday, featured events throughout the week and finished with the street fair on Saturday.

13th Avenue was congested with people, food trucks, vendors and buskers between Angus and Montague streets. Everything from trinkets to carvings and from African cuisine to tacos could be found.

"I've heard some people come for the food alone," said Rattray. "Some people come out for the music and the beer gardens. The beer gardens were packed yesterday because the weather was so nice."

Throughout the year there are also two fundraisers for the festival, including a garage sale in October and the Taste of Cathedral event early in the year.

Tens of thousands of people packed 13th Avenue in Regina on Saturday for the street fair that capped off the latest annual Cathedral Village Arts Festival. ALYSSA MCDONALD/METRO

Teens 'nostalgic' for Regina's drive-in movie past

After seven years without them, the curtain might rise again for drive-in movies in Regina.

Two local high school students, Niko Manne and Mark Atendido, have decided to create a temporary drive-in theatre at King's Park Speedway for a four-day summer movie event.

"It will be very nostalgic for people, and for people to bring their kids and show them what they did growing up," Manne said on Sunday.

The idea came from Atendido's girlfriend, who misses going to a drive-in theatre in Sydney, N.S., where she once lived. After that, Atendido took the idea online to gauge other interest.

Mark Atendido, left, and Niko Manne
ALYSSA MCDONALD/METRO

Turns out there's plenty of it.

"I made a Facebook page and asked people if they would come or not, and then by the next day it just blew up," said Atendido.

"We looked into it from there, and then it became realistic," added Manne. "And now we are going for it."

Their Facebook page, Regina Drive-In Movie Theater, garnered 5,000 "likes" in 24 hours. And the pair, both aged 17 and in Grade 11, have spent the past couple of weeks taking more steps to turn their dream into reality.

Regina's movie-goers have been without a drive-in theatre since Cinema 6, on Highway 6 just south of the city, closed in 2006. The closest drive-in is an hour's drive east of Regina in Wolseley.

The pair secured a venue, King's Park Speedway, and say they have found a company to erect a temporary screen. They have narrowed down the potential scheduling of screenings to two possible weekends in mid-July, and plan to release the finalized dates in the next two weeks.

They plan to show a different style of film on each of the four nights, with a poll on Facebook used to select the movies.

They said they realize people might be skeptical that two students could pull it off, but they're determined to bring their idea to life.

"It's just young entrepreneurship," Manne said. "We have a good idea, and now we are really running with it."

ALYSSA MCDONALD/METRO

Saskatchewan Marathon

Saskatoon local Brian Michasiw can't stop winning

For the sixth time in his running career, Brian Michasiw has won the Saskatchewan Marathon.

Finishing seconds before last year's winner, Brendan Lunty of Camrose, Alta., he said the win was far from a sure thing as he and Lunty ran together for a long stretch of the race.

"If I were to bet, I would have bet (Lunty) would have won today," said Michasiw. "When you get older and you got kids and a family, you can't train as hard as you used to and I think both of us were kind of feeling the effects of that and I just had a slightly better day than him."

Michasiw also noted winning the 2013 Saskatchewan Marathon is an important one for him as the recent bombings at the Boston Marathon, which killed three people and injured about 280, had a real impact on him.

"It really hit close to home," said Michasiw. "I know a lot of people who were at Boston and their families … I was kind of shaken up by the whole thing, but if anything it's made me want to run even more and show that you can't let fear control you."

Shad Ali, co-race co-ordinator of the Saskatchewan Marathon, said about 3,700 people participated in this year's event and that the number of participants continues to grow each year.

"This marathon is one of the few in the country where the number of people running the marathon distance has been increasing," said Ali. "Last year we put on a 30 per cent increase in the number and this year, a 15 per cent increase and our half marathon and our 10 km just continue to explode every year."

See the photo gallery at metronews.ca.

MORGAN MODJESKI/METRO SASKATOON

Brian Michasiw, winner of the 2013 Saskatchewan Marathon, receives a congratulatory hug from his daughter at the finish line on Sunday morning.
MORGAN MODJESKI/METRO SASKATOON

Ford brothers add a little smack talk to crack talk

Drug allegations. Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack-cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother suggested may have been influenced by higher political forces.

Ford's confidence was a departure from the evasion seen ever since reports of a video that allegedly shows him smoking what may be crack cocaine.

"No matter what you say ... to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal election as soon as possible.

The mayor's brother, Coun. Doug Ford, found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone ... tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said. "Journalism in my opinion has sunk to an all time low." THE CANADIAN PRESS

Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother Doug. Allegations that the mayor might have been filmed smoking crack cocaine have attracted international media attention and inspired late-night TV jokes. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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CSIS stayed quiet on spy to protect its own secrets

Canada's spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011 and later brought him into custody.

Jeffrey Delisle pleaded guilty and was sentenced to 20 years in prison. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering extremely sensitive information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch. THE CANADIAN PRESS

Reactions

Intelligence historian Wesley Wark, who served as an expert witness at Delisle's sentencing, said it would be "scandalous" if the system did indeed break down.

- According to Delisle's lawyer, it also flags legal concerns about the government's obligation to disclose everything it knows to an accused.

Halifax

Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior co-operated as her animals were taken away.

"The cats were being fed and watered … there are no cats abused," she said.

"She thought she was doing a great job (by caring for them), as most hoarders do," Stevens added. "It's somebody trying to do a good thing, but it goes bad." METRO IN HALIFAX

Resident evil

Man sleeping on bloodied ground at Magnotta's old flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada's most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Superintendant Eric Schorer lost tenants from around 10 units shortly after the incident. Magnotta's former home remained vacant for over half a year.

He doesn't think the current tenant, whom he described as a foreigner, knows anything about its past.

"We don't advertise it, obviously," said Schorer, who has fully renovated the unit.

"The only problem ... is people who are afraid of ghosts." THE CANADIAN PRESS

Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

Scratch 'n' sniff secret?
Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer $100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the $100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the $100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new $100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?"

Abidjan. Ivory Coast techies elect web mayor

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote.

Assouan beat out a crowded field of 12 candidates, with more than 25 per cent of 534 votes counted.

In a suit, he took the oath of office on Friday night with his parents looking on. As he placed his right hand on a gleaming white iPad, Assouan vowed to foster an online community that was "healthy, safe and rich in content."

Ivory Coast has a reputation for cybercrime, which has placed it on blacklists for websites like PayPal. But it's clear Abidjan's techies see their work as central to reforming the broader image of Ivory Coast.

"Always we hear the same things about Ivory Coast — the problems of war, of politics," said Bacely Yorobi, head of a social media marketing firm called Social Spot and the third-place candidate for web mayor.

"We hear no information about the world of technology. So we want the web community to speak with one voice and bring the message that Ivory Coast is back, and we are having a technological revolution," Yorobi said. THE ASSOCIATED PRESS

Emmanuel Assouan, the newly inaugurated web mayor of Abidjan, Ivory Coast's largest city, took the oath of office with his right hand on a white iPad. THE ASSOCIATED PRESS

Jerusalem. Electric car firm goes to a Better Place

Israel's trailblazing electric car company Better Place says it has reached the end of the road. The company announced Sunday that it was filing for liquidation, marking a stunning end to an ambitious plan aimed at revolutionizing the auto industry by reducing the world's dependency on oil.

Perhaps Israel's best known clean-tech firm, Better Place was developing a nationwide network of charging and battery-swapping stations. But the company experienced repeated delays in getting off the ground and experienced weak demand for its cars after burning through millions of dollars.

The announcement comes less than eight months after company founder Shai Agassi was forced out. The project won the support of President Shimon Peres, received financial incentives from the Israeli government and made Agassi a dynamic celebrity CEO.

THE ASSOCIATED PRESS

Better Place founder and CEO Shai Agassi was forced out of the electric car company less than eight months ago. GETTY IMAGES FILE

Detroit

U.S. government investigates Ford pickups with EcoBoost engines

The U.S. federal government is investigating Ford F-150 pickups with EcoBoost engines after drivers reported that the engines lost power during acceleration.

The government estimates around 400,000 F-150 pickups from the 2011 through 2013 model years are involved.

The National Highway Traffic Safety Administration (NHTSA) has received 95 reports of engines losing power during hard acceleration, such as when passing. The incidents often occurred in rainy or humid weather. NHTSA has no reports of crashes or injuries.

The agency says Ford told dealers how to fix the issue but hasn't alerted owners. Ford owners in Ohio and Louisiana recently sued Ford in federal court, claiming the EcoBoost engine is defective because it loses power during acceleration. THE ASSOCIATED PRESS

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DON'T SCREW THIS UP FOR ME, BRAD

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Uh, Mr. Premier? Please stay out of this one.

Saskatchewan's premier is now calling for the abolition of the Senate — and that jeopardizes my golden opportunity to climb the Big Rock Candy Mountain.

Now that my fellow journalistic senators Pamela Wallin (the senator for Wadena) and Mike Duffy (the senator for Cavendish) are in the soup, I'm resurrecting my campaign to be appointed to the Senate.

After all I'm perfect for the job. No qualifications are required (apparently); you rarely have to turn up for work (the Senate is in session approximately 90 days a year or one day in four) and you make $135,000 just for breathing. The appointment is good until you are 75 or until you kick the bucket, whichever comes first. And if you endure until you're 75, there's a pension at the end of the rainbow.

With my qualifications — years of toiling in the jungle that is journalism — I'm a shoe-in. OK, so I'm hardly Stephen Harper's BFF, but who is these days? And I will faithfully serve the north end of Winnipeg, my hometown, even if I haven't been there since Mike Duffy left Cavendish.

They need me.

And now Brad Wall threatens to spoil everything.

Sure, he sounds as if he's making sense. The 105 appointees that make up the Senate lap up $50 million bucks a year for nothing.

The Senate is supposed to review legislation conceived in the House of Commons, but seeing as the upper chamber is stuffed with government appointees/hacks, it's little more than a $50-million rubber stamp. So if the Senate were abolished tomorrow, no one and nothing would be affected, except that we'd save 50 million bucks.

And 105 overfed sycophants would have to find a real job.

Brad Wall used to be an advocate of something called a Triple E senate — equal, elected, effective — which sounds good, especially the effective part.

As for equal, LOL. Saskatchewan gets six senators, which sounds like a lot when you figure they each get paid at least $135,000, not to mention tax-free expenses, more than 60 free flights a year, etc. etc. But Prince Edward Island, which has a population about the size of Regina, gets four. And New Brunswick, wherever that is, gets 10!

The trouble is, to change the Senate you have to change the constitution and what happens whenever we try that? Exactly. Quebec wants its own Senate or something. So it's not going to happen.

But then, how likely is abolition, especially as the bill to abolish the Senate would have to pass in the Senate?

Oh.

So Mr. Premier, thanks for your input. Now gangway! I'm in a hurry to get my snout in the trough before some other ink-stained wretch gets there first.

ZOOM

Do you know if your food is kosher?

GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C.

The inspection is an example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. METRO

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped $12.5 billion in 2008, according to market research firm Mintel. That was projected to grow this year to about $15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly ambitious. The cost of entry is a little steep at $105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A $20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up and train our young Canadians.
ve6 posted to metronews.ca

As a Generation Jones, second cohort baby boomer myself, I say this whole so-called skills shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.
catspassgas posted to metronews.ca

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With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi. The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs."'

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Renea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

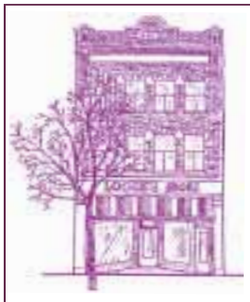
THE ASSOCIATED PRESS

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director.
On what Unbroken represented for Demi Lovato as an album

Demi Lovato doing what she does best. AP PHOTO



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

This week: Kanye will save you, but he can't save the vampire love

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's upcoming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

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Amanda Bynes

Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."

Twitter

@Rihanna
Smart work pays off!!!

@NiallOfficial
Anyone know what time it is in portugal? My phone says different to my laptop

@ParisHilton
So annoyed. Still at airport, flight has been delayed 4 hours. So not going to make our connection flight from LA to Maui.

@AmandaBynes
Believe everything I say on twitter!

Lena Dunham ALL PHOTOS GETTY IMAGES

Dunham not laughing off Girls porn parody

Girls creator and star Lena Dunham is less than thrilled with Hustler's porn parody of the series. "I wish I had a better attitude about the Girls porn parody," she explains via Twitter. "Wracked my brain to articulate why I can't just laugh off a porn parody. Here are three reasons: One, because Girls is, at its core, a feminist action while Hustler is a company that markets and monetizes a male's idea of female sexuality. Two, because a big reason I engage in (simulated) onscreen sex is to counteract a skewed idea of that act created by the proliferation of porn. And three, because it grosses me out."

Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

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Book Excerpt

Training don'ts

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement, since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

Basic moulded-plastic potties remain popular, high backed or low, in an industry worth more than $50 million in 2011, according to the Juvenile Products Manufacturers Association, a trade group of companies in the U.S., Canada and Mexico.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to $83 a pop.

So, potty seats just keep on coming, said Narmin Parpia, whose RNK Innovations makes ones akin to ride-on toys.

"Isn't it crazy? The idea is to keep the child amused while they're on there, just to keep them entertained while they sit and wait for things to happen. I think moms today are expecting it to be easy and it isn't always as easy as they think it is," she said.

Heidi Murkoff, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

There's not a one-size-fits-all approach to potty training gear, even within families, but some basic choices in seat type exist.

There's the standalone, which has to be dumped and cleaned, or an insert for the adult potty that makes the hole smaller and potentially less foreboding.

If you choose a freestanding potty, make sure it's sturdy enough not to tip over or slosh too much, advises Whattoexpect.com. Consider crevices that will have to be cleaned.

Prioritize features: Do you need one that doubles as a travel potty? Do you plan on restricting training to a small bathroom?

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. THE ASSOCIATED PRESS

Choices, choices

Ducky Fun 3-in-1 Potty training chair. THE ASSOCIATED PRESS/FISHER PRICE

The Boon Potty Bench with side storage spaces for books, training supplies and wipes. THE ASSOCIATED PRESS/ BOON

The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON

Princess Potty Chair. THE ASSOCIATED PRESS/TEAMSON

The Riding Potty Chair. THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY

2-in-1 iPotty with Activity Seat for iPad. THE ASSOCIATED PRESS/ CTA DIGITAL

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Egging it on in delicious ways

This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

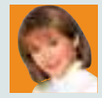
Salmon Dill
Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon
Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado
Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

Healthy eating

Choose it and lose it


ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Not only does Pizza Pizza offer cheap slices, but it also sells options like sandwiches and panzerottis. Although one choice is better than the other.

Pizza Pizza Cheese and Pepperoni Panzerotti

850 calories/ 46 g fat/ 1,890 mg sodium
You're getting about half your daily calories and 3/4 of your daily fat and a day's worth of sodium!

Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanellis' spaghetti with meat sauce.

Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium
The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.

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Barbecue Chicken, minus grill or calories

This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

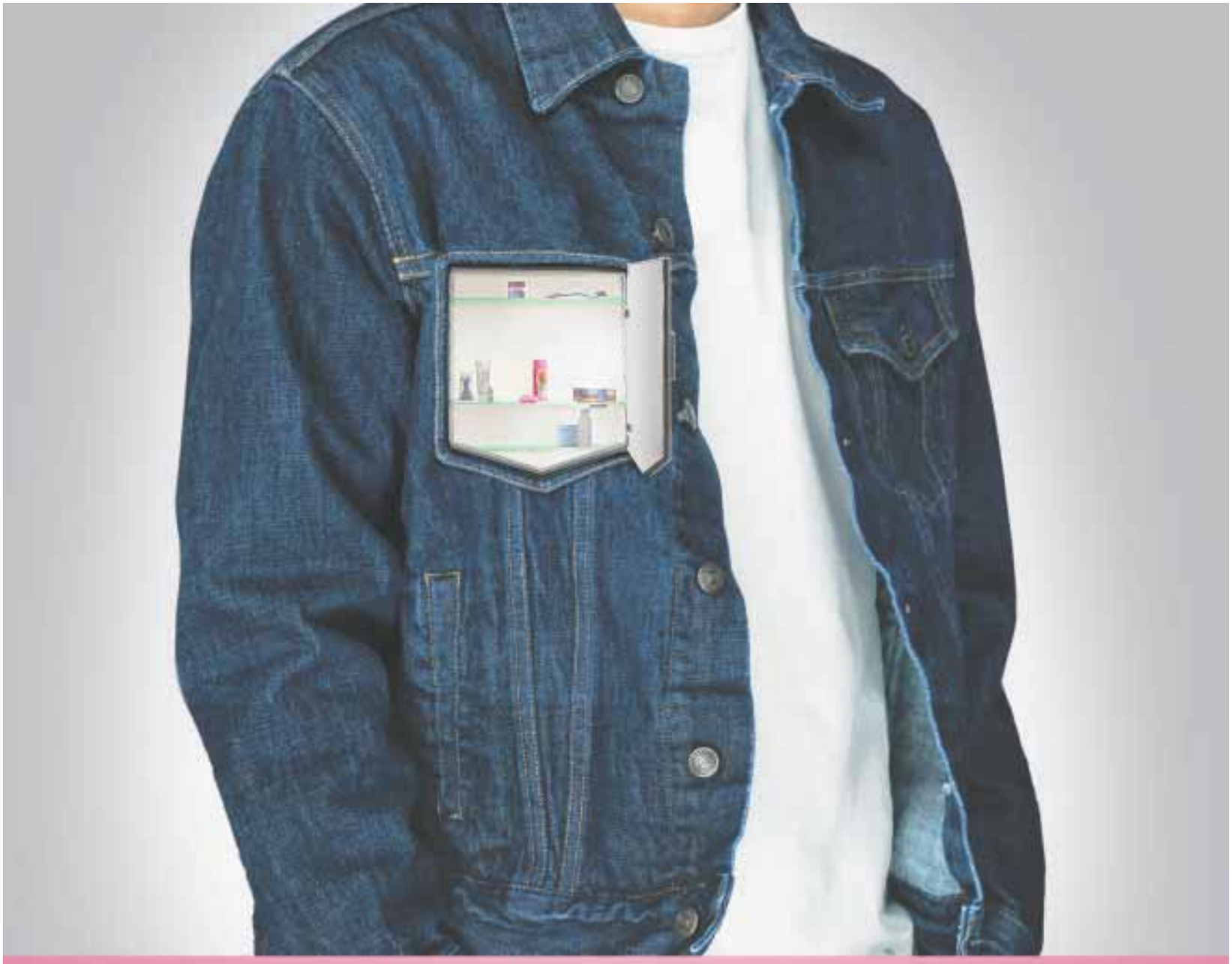
4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chicken back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through, another 8 minutes. Let stand for 5 minutes.

6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.
THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme



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Recycling collection starts in July. If you currently receive City garbage service, a blue cart and program guide will be delivered to your home this spring. Watch for your cart and get ready to join the party.

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City of Regina | REGINA Infinite Horizons

Funding platform drawing crowds

Throw some pennies at that project. Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

RITA POLIAKOV
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than $319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

Ubi

Kickstarter goal: $36,000 Funds raised: $229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

Cobra Wallet

Kickstarter goal: $30,000.
Funds raised: $51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

Muse

Indiegogo goal: $150,000.
Funds raised: $287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."

Many factors determine career choice

Do you have a desire to heal? Ask yourself these questions if you want to enter field of medicine

CHRIS EDWARDS
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on, physical type, or does a cerebral environment (like a lab) appeal more to you? Do you prefer working in teams, or alone? Do you like children?

Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

Joanna Nemrava is the president of the Canadian Association of Midwives.

"Individuals drawn to midwifery are generally giving, caring, flexible and adaptable," she says. "A midwife ensures that her client is empowered to make decisions around her pregnancy and birth, including where she will give birth (home, hospital, or birthing centre). This requires a person who can easily adapt to different settings, be woken up at 3 a.m. to attend a birth without knowing when she will return home, and work together with other health professionals when emergencies arise."

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives.

And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

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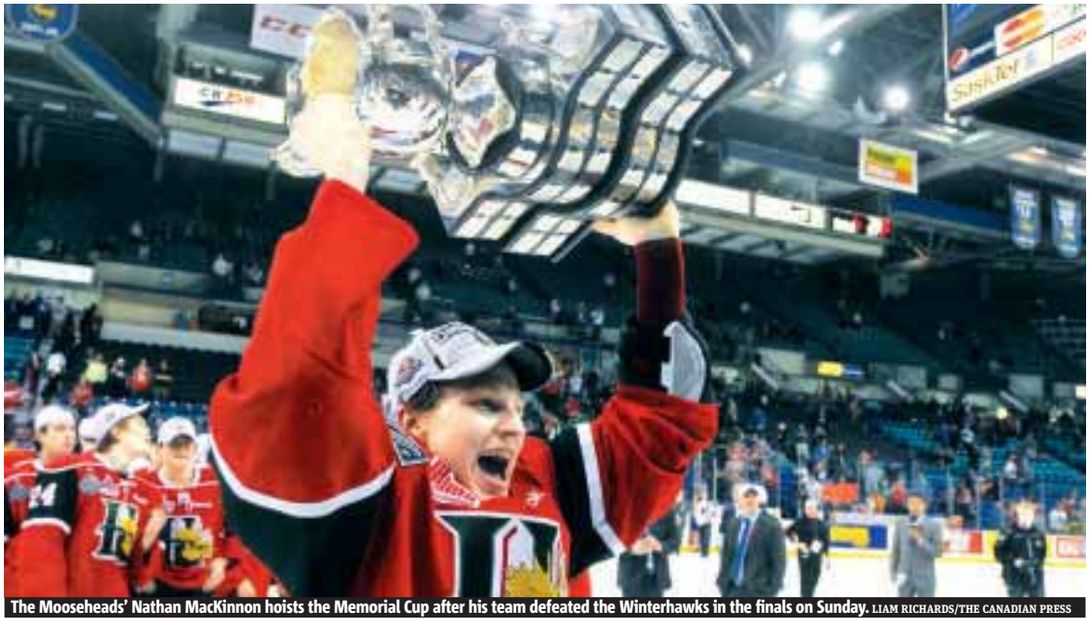


The Mooseheads' Nathan MacKinnon hoists the Memorial Cup after his team defeated the Winterhawks in the finals on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Mooseheads claim CHL's ultimate prize

Memorial Cup. MacKinnon shines for Halifax with hat trick and two assists

Championship game

Mooseheads	Winterhawks
6	4

Nathan MacKinnon had three goals and two assists Sunday as the Halifax Mooseheads defeated the Portland Winterhawks 6-4 to win the Memorial Cup.

MacKinnon's performance earned him the Stafford Smythe Memorial trophy as the tournament's most valuable player. He led the event with seven goals.

Fellow top prospect Jonathan Drouin assisted on five goals for the Quebec Major Junior Hockey League champions, who captured their first Canadian Hockey League title.

Konrad Abeltshauser added two goals and an assist, while Martin Frk had a goal and two assists for Halifax, which got 40 saves from Zachary Fucale as a team from the QMJHL won the Memorial Cup for the third straight year.

Ty Rattie had a goal and three assists while Nicolas Petan added a goal and two assists for the Winterhawks. Seth Jones and Brendan Leipsic scored for Portland, while Mac Carruth made 35 stops for the Western Hockey League champions.

Leading 3-2 in the third, MacKinnon gave his team some breathing room at 7:36 with his tournament-leading sixth goal by chipping a puck past a fallen Carruth. Abeltshauser then followed up on a MacKinnon rush to bury a rebound at 11:11 to make it 5-2.

Leipsic got one back for Portland at 14:32 and Rattie scored with 1:14 left to cut the deficit to one, but MacKinnon iced the game with 22.4 seconds remaining before the Mooseheads spilled onto to the ice to celebrate at the final buzzer. THE CANADIAN PRESS

IndyCar

Kanaan finally wins Indy 500

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside defending IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared.

"I got a little bit of luck today," said Kanaan, drenched in the celebratory milk. "I was looking at the stands, and it was unbelievable. I'm speechless. This is it, man. I made it."

THE ASSOCIATED PRESS

PGA

Monkey off of Weekley's back

Boo Weekley made three consecutive birdies in the middle of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on Nos. 8-10, which came about the same time Scott Stallings made double bogey at No. 15 to drop out of the lead.

Weekley finished at 14-under 266.

Graham DeLaet (74) of Weyburn, Sask., tied for 22nd at 6-under par.

THE ASSOCIATED PRESS

Valkyries quiet Riot in provincial battle

Valkyries linebacker Beth Thomson, left, takes down Riot running back Chantel Morrison with the help of Brandy Sokoloski at Sunday's game. The Valkyries won 48–45. MORGAN MODJESKI/METRO IN SASKATOON

The Regina Riot and the Saskatoon Valkyries were hungry for a win over the weekend.

The provincial rivals passed the lead back-and-forth during Sunday's game at Griffiths Stadium in Saskatoon, with the Valkyries emerging the victor with a final score of 48-45.

Jeff Yausie, Valkyries head coach, said he was pleased with the win, as it was a chance for the Valkyries to redeem themselves after a 15-7 loss against the Riot on May 12.

"Our goal is always to win," said Yausie. "I think we didn't execute ... very well when we were in Regina, but we put a lot of points on the board today, so our offence executed very well."

Yausie noted although the team managed to come out on top during Sunday's game, he said the focus would remain on excelling under pressure.

"In football, it's how you respond when you're stressed," said Yausie. "We were stressed today and we stressed the first time we played them, but our team responded and that shows you something about our players … so we'll go back to practice and keep working hard."

Riot head coach Darren Fisher said even though it wasn't the result he was hoping for, it was still an exciting game and overall he was pleased with his team's performance.

"There's lot of little things we could have done a little bit better, but you know what, it was a fantastic game. (The Valkyries) are a great team so they're always going to be tough to play," said Fisher.

He continued, "It took us a while to get to their level, but we're getting close — we're fighting with them."

Both teams will get a break next weekend as they don't play again until the Prairie Conference final scheduled for June 9.

MORGAN MODJESKI/METRO IN SASKATOON

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

Taurus
April 21 - May 21
It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

Gemini
May 22 - June 21
It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

Cancer
June 22 - July 23
If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

Leo
July 24 - Aug. 23
For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

Virgo
Aug. 24 - Sept. 23
Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

Libra
Sept. 24 - Oct. 23
Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

Scorpio
Oct. 24 - Nov. 22
Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

Sagittarius
Nov. 23 - Dec. 21
You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

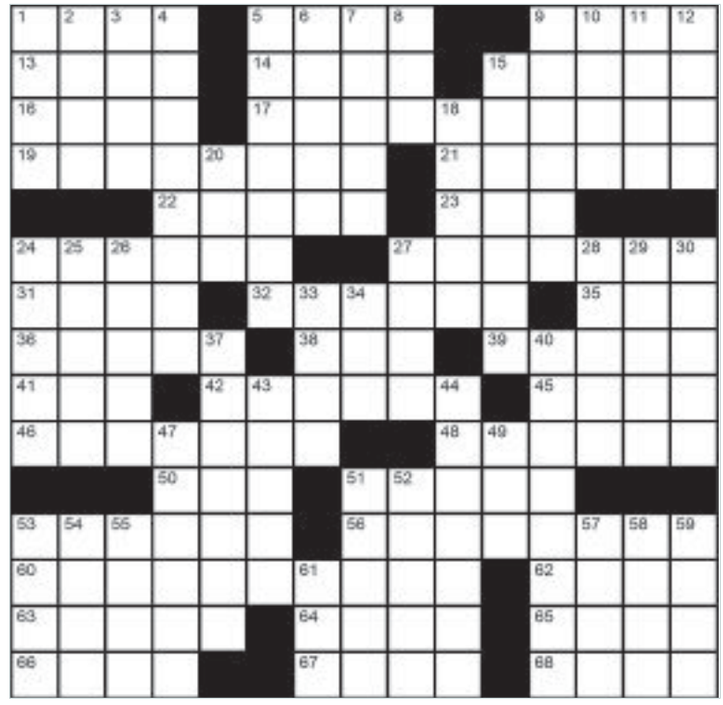
Capricorn
Dec. 22 - Jan. 20
Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow — though tomorrow they MUST get done.

Aquarius
Jan. 21 - Feb. 19
Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

Pisces
Feb. 20 - March 20
Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. SALLY BROMPTON

Crossword: Canada Across and Down

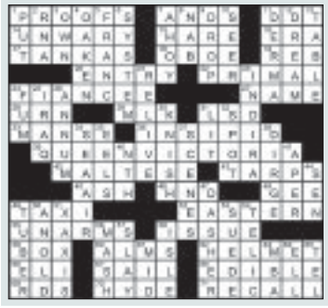
BY KELLY ANN BUCHANAN



Across
1. Pulled tightly
5. Becomes beyond betrothed
9. "__ It": 1980 hit for Devo
13. Shoe prop, __ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "__ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-__ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. __ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = __ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of __
63. Paddled
64. Get wind of
65. Proportionately, Pro __
66. Bound
67. Shakespeare's __ Well That Ends Well
68. Acknowledged

Down
1. Labels
2. Smell _ __ (Be suspicious)
3. Calif. campus
4. __ Mines, Quebec
5. Regina's __ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes
10. Hamilton's __ Village
11. Bellybutton type
12. Matador maneuver
15. National __ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-__ clogging, as some makeup
34. Tin __ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. __ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad __
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

Today
19°/11°
Thunderstorms
80%
Tuesday
19°/10°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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